

# Westside Invitational 2009

## Time Schedule

**Friday, April 17 2009**

**10:30 Coaches Meeting**

**11:00 Field Event Finals**

Shot Put Girls  
Discus Boys  
High Jump Boys  
Long Jump Girls  
Pole Vault Girls  
Triple Jump Boys

Triple Jump follows Long Jump

**5:00 Field Event Finals**

*(or after 11:00 event)*

Shot Put Boys  
Discus Girls  
High Jump Girls  
Long Jump Boys  
Pole Vault Boys  
Triple Jump Girls

**12:00 Running Events**

110 Hurdles (8 Heats prelims) Boys  
100 Hurdles (8 Heats prelims) Girls  
100 Dash Boys Prelim Heats  
100 Dash Girls Prelim Heats

**1600 Meter Run – Boys Final**

400 Dash Boys Prelim Heats  
400 Dash Girls Prelim Heats  
300 Intermediate Hurdles - Boys Prelim Heats  
300 Low Hurdles- Girls Prelim Heats

**3200 Meter Run - Girls Final**

200 Dash Boys Prelim Heats  
200 Dash Girls Prelim Heats

**5:15 National Anthem**

**5:20 Running Events**

**4 X 800 Relay – Boys Final**

**4 X 800 Relay – Girls Final**

**110 High Hurdles – Boys Final**

**100 Hurdles – Girls Final**

**100 Meter – Boys Final**

**100 Meter – Girls Final**

**1600 Meter Girls**

**4 X 100 Relay Boys Final**

**4 X 100 Relay Girls Final**

**400 Meter Boys**

**400 Meter Girls**

**300 Hurdles Boys**

**300 Hurdles Girls**

**800 Meter Boys**

**800 Meter Girls**

**200 Meter Boys**

**200 Meter Girls**

**3200 Meter Boys**

**4X400 Boys**

**4X400 Girls**

**Awards**